



**March 3, 2014**

# Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at [www.ria.army.mil](http://www.ria.army.mil) under "About USAG-RIA" and then "News" and "Local News."

**Island Insight Submission:** <https://home.ria.army.mil/sites/ii/ii.cfm>

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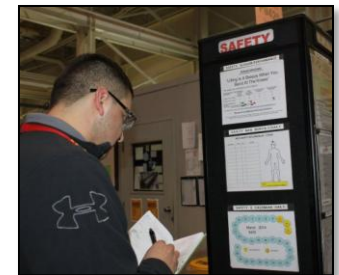


## **Arsenal Manufacturing Center Receives High Army Safety Award:**

The Rock Island Arsenal Joint Manufacturing and Technology Center was awarded the Director of Army Safety's Risk Management Award on Friday. The Army Safety Awards Program recognizes organizations and individuals for their overall contributions to their safety programs. Safety awards enhance Army operations

and improve safety awareness through recognition and promotion of individual and organizational accident prevention measures and successes. "RIA-JMTC earned this award by demonstrating exemplary leadership and employing the tenets of Risk Management to reduce the command's overall accident rate," said Brig. Gen. Timothy J. Edens, Director of Army Safety. "Their dedication to safety awareness and the preservation of vital

Army resources deserves recognition." RIA-JMTC is the only vertically integrated metal manufacturing in the Department of Defense and is a one stop shop for metal manufactured products for the joint warfighter. ([More](#))



**"HOME OF US ARMY LOGISTICS"**

## ASC's Reserve Element Welcomes New Commander:

Soldiers from Army Sustainment Command-Army Reserve Element said goodbye to their commander and welcomed a new leader during a change of command ceremony March 1 in Heritage Hall here. The ASC-ARE provides Reserve Component Soldiers in support of ASC's missions. After commanding the unit for two years, outgoing ASC-ARE commander, Col. Vincent Barker, handed over the reins to Col. Sue Henderson. Brig. Gen. Phillip Jolly, commander of the Army Reserve Sustainment Command, hosted the ceremony. ([More](#))



## Legal Support Functions to Consolidate at AMC Centers of Excellence:

Efforts are underway to reshape and restructure headquarters staff functions throughout the Army Materiel Command. AMC organizations have been tasked to develop plans to achieve efficiencies, eliminate



redundancies, and optimize the delivery of legal support to the customer. This will be accomplished by consolidating legal support functions at AMC Centers of Excellence containing multiple AMC legal offices or entities. Those installations include Redstone Arsenal, Ala.; Aberdeen Proving Ground, Md.; and Rock Island Arsenal, Ill. ([More](#))

## Congress Hates Military-Base Closings, but Can Chuck Hagel Do It Without Their Approval?

The Pentagon's budget sets up an uphill battle with Congress by requesting further domestic base closures and realignment, but the Defense Department's top official could try to give members the slip. As part of the department's fiscal 2015 budget request, the Pentagon wants a round of base closures and realignment—known as BRAC—for U.S. bases in 2017. ([More](#))



## DoD Releases Fiscal 2015 Budget Proposal and 2014 QDR:

President Barack Obama today sent Congress a proposed defense budget of \$495.6 billion in discretionary



# Upcoming Dates

**March 2-8:** National Severe Weather Preparedness Week

**March 9:** Daylight Saving Time Begins

**March 10-14:** Training- Unit Prevention Leader, Baylor Conf RM

**March 11-13:** DA Photo Studio on RIA

**March 12:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.

**March 14:** Shamrock Sock-Hop, Heritage Hall, 6 p.m.

**March 15:** CASI St. Patrick's Day Road Race 5K, Government Bridge, 9 a.m.

**March 19:** EQCC, Bldg. 90, Room 25, 10 a.m.

**March 20-21:** Pet Vaccine Clinic, Bldg. 225 Bays,

**March 20:** AAFES and PX Advisory Committee, 1 p.m. (T)

**March 20:** First Day of Spring (Vernal Equinox)

**March 26:** Women's History Month Observance, Heritage Hall, Bldg. 60, 1-2 p.m.

**March 27:** Community Information MTG, Arsenal Island Golf Clubhouse, 9 a.m.

**March 27:** RIA General Officer Board of Directors, Arsenal Island Golf Clubhouse, 3 p.m.

**March 27:** Right Arm Night, 4:30 p.m.

**April 4:** Installation Planning Board, Baylor Conference Room, 10 p.m.

**April 5:** ACS & CYS Child Abuse Awareness and Recognition of Month of Military Child, Fitness Center, TBD

**April 6-11:** Volunteer Appreciation Week

**April 8:** Holocaust Remembrance Day

**April 8:** Installation Volunteer Ceremony (TBD)

**April 8-10:** DA Photo Studio

**April 9:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.

**April 12:** Free Spring Vehicle Inspection (TBD)

**April 12:** QC Bandits Race to Home 5K Run, Government Bridge, 8 a.m.



budget authority to fund base defense programs in fiscal year 2015. The request is \$0.4 billion less than the enacted FY 2014 appropriation and is consistent with the current budget caps. The Opportunity, Growth, and Security Initiative -- a government-wide initiative -- requests an additional \$26 billion in FY 2015 to address significant readiness and modernization challenges. In the years from FY 2016 to FY 2019, the Department of Defense (DoD) is asking for funding that exceeds the current budget caps by a total of approximately \$115 billion in order to meet defense requirements. ([More](#))

## **White House Budget Breakdown: FY 2015 Agency-By-Agency Funding Levels**

President Barack Obama released his \$3.9 trillion fiscal 2015 budget blueprint Tuesday. The budget proposal lays out the administration's spending priorities for next year, but Congress holds the final purse strings and is likely to balk at several of the proposals. Overall, the Obama budget conforms to spending constraints negotiated by Congress as part of a two-year budget deal lawmakers agreed to late last year. But it also proposes



freeing up an additional \$56 billion in funding — to be split evenly between Defense and nondefense — to pay for other initiatives. ([More](#))

## **Federal Worker Provisions in**

**Obama's Budget**: President Obama's budget blueprint for fiscal year 2015 has provisions that would directly affect federal employees. The White House previously announced it would propose a 1 percent pay raise for federal workers. Here is language directly from the budget documents he released Monday. ([More](#))

**Feds Petition for More Pay; Some Could Get It**: Federal employees were, for the most part, not happy with President Obama's proposal to once again raise their pay 1 percent in 2015. Some are petitioning the White House to provide a larger increase. One fed has taken to We the People, an online petition system created by the Obama administration, to [ask for a 5 percent pay raise](#) next year. Every raise after that should track inflation, the petition says. ([More](#))



**The Incredible Shrinking Pay Raise in One Chart**: Earlier this week, President Obama announced that he will propose a 1 percent raise for federal employees in 2015. If adopted by Congress, the raise would mark the second consecutive 1 percent increase after three years of frozen pay. Federal employee groups were not impressed, calling the proposal "pitiful," "inadequate" and "bittersweet." Turns out the groups may have a point, at least from a historical perspective. ([More](#))

## **Change Your Clock – Change Your**

**Battery**: Smoke detector and carbon monoxide detector batteries need to be changed at least once a year. So when you change your clock forward



this Sunday, **March 9**, remember to check the batteries too. Once you've changed the batteries, be sure to test the alarms. This simple act cuts the risk of dying in a home fire nearly in half. A lifesaving reminder to change your clock change your battery from the Rock Island Arsenal Fire Department. Any issues or concerns with the proper





operation of the detectors please contact the fire department at (309) 782-6107.

## **Army Family Team Building Brown Bag Seminars:**

Bring your lunch and take Level (K): Knowledge of the Military one class at a time during your lunch hour. Each Tuesday lunch hour 11:35 a.m. – 12:25 p.m., **Jan. 21 through March 25.** Classes held at Army Community Service (ACS), Bldg. 110. To register call ACS (309) 782-0829 or on [TEDs](#). Please register no later than one day prior. ([Flyer](#))



## **Army Family Team Building Level K Class (Knowledge of the Military):**

This fun, free interactive classroom training taking place Thursday & Friday, **March 6 & 7**, 9 a.m. - 2:30 p.m., for Military spouses, Military personnel, community leaders, FRGs, volunteers, DA civilians, and contractors will give you a base knowledge of Military life including acronyms, chains of command, customs ceremonies and traditions and much more. Please register no later than **March 4** by calling Army Community Service at (309) 782-0829 or sign up in [TEDs](#). ([Flyer](#))

## **Arsenal Attic Thrift**

**Shop:** Shop at the Arsenal Attic Thrift Store every Tuesday, Thursday and 3<sup>rd</sup> Saturday, 9 a.m. – 3 p.m. POC: (309) 782-6977.



**RIAWC Funding Requests:** The Rock Island Arsenal Welcome Club Community Support chairperson is accepting funding requests from area nonprofit organizations until **April 1**. Money for the Community Support fund is raised through club activities such as the Arsenal Attic and other fund raisers. All nonprofit organizations, including those who have never received RIAWC funding in the past, are welcome to apply. If you have received funds in the past, you must submit a new application each year. Applications can be downloaded from our [website](#) and must be postmarked no later than **April 1**. For more information call Rebecca at (563) 940-5158.

**VIOS Schedule for February, March, April and May:** Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **March 11, 12 and 13; April 22, 23 and 24; and May 6, 7,**

and **8** (Note changes to previous April dates). Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.



## **Women in Defense Spring Fashion Show:**

Our WID spring fashion show is Saturday, **March 8**, at the Lodge in Bettendorf. Tickets are \$35 per person, \$65 for two or a table of eight for just \$240. There will be door prizes, a silent auction and 50/50 raffle. Sponsors include Younkers, Four Seasons, Teranga House of Diversity, CJ Banks, River Bandits, Gypsy Nails and the Fun Co. Tuxedos. Go to [getmeregistered.com](http://getmeregistered.com) or call (309) 787-5076 to reserve your seats now. This is a WID fundraiser for WID scholarships and other locally sponsored charities. See more details at [www.widiic.org](http://www.widiic.org). WID is a 501(c)(3) non-profit organization. Want to volunteer, model or sponsor? Call Peggy at (309) 787-5076.

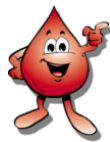
Time: **11 a.m.**

**Blood Drives:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, March 14 & 21, 10 a.m. – 12 p.m.**

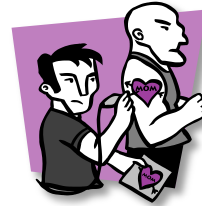
If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext.



119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on April 25**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on May 16**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



***Charlie Corpuscle Says, "Can you donate blood if you have recently gotten a tattoo? Yes! As long as you went to a licensed facility for the procedure. If the facility you went to was licensed, there is no waiting period before you can again donate blood."***



**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**

**SAME Engineering and Construction Summer Camps:** The Rock Island Post of the Society of American Military Engineers is looking to send high school

students (currently in grades 9-11) to one of two Engineering and Construction Summer Camps. Applications are due by **March 21**. ([Application & POC Details](#))

## **RIA Army Education Center Co-Hosting Employment-Education**

**Event:** The U.S. Army Garrison-Rock Island Arsenal is hosting a combined Employment-Education Event on Wednesday, **April 16**, 9 a.m. to 2 p.m., in Heritage Hall, Bldg. 60. If you missed our last big Event in September, mark your calendars now. This event combines our education fair with our employment event. We will have expanded employer participation, veteran service organizations to assist with resources and resume development and up to 20 local and online academic institutions in attendance to provide information regarding educational opportunities for Soldiers, veterans, family members and government employees. A brief list of schools and organizations attending includes: Black Hawk and Scott Community colleges, Western Illinois, St. Ambrose, and Upper Iowa



universities, American Intercontinental, Ashford, and Kaplan universities, Palmer School of Chiropractic and Trinity School of Nursing and Health Sciences, the U.S. Small Business Administration, Iowa National Guard Family Assistance program, and more. Please join us to learn more about educational opportunities and how they can benefit you. Point of contact: [Stephanie Allers](#), or (309) 782-5895 for further information.

## **Arsenal Island Employee Local**

**Discounts:** *The following discounts are exclusively available to Arsenal Island employees –* **The Slice:** Right off the Moline Bridge exit, is offering \$2 off their pizza buffet with drink to Rock Island Arsenal workers. **Double Tap Firearms:** Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA ([📍](#)). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time ([📍](#)). **New Life Chiropractic Clinic:** Arsenal Island employees, we're offering you a 20 percent discount on our services ([📍](#)).

**Goebel Family Dentistry:** Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit ([📍](#)). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

**AUSA Annual Golf Outing:** Save the date -- the 2014 Rock Island Arsenal Chapter of the Association of the US Army will once again have its annual golf outing "A Round For Our Soldiers" on **July 17**, at 12 p.m., at the Arsenal Island Golf Course. Proceeds support Soldiers, civilians, families, local chapter activities, and the Army Emergency Relief Fund.

**Feeding Deer on Post:** Per the Illinois Department of Natural Resources: Illinois residents and visitors are to refrain from feeding wild deer and other wildlife in areas where wild deer are present. A ban on feeding wild deer was enacted in 2002 as part of the state's continuing effort to limit



the spread of Chronic Wasting Disease in the Illinois wild deer herd. The ban includes food, salt, mineral blocks and other food products. "Making food and mineral products available where wild deer are present is a petty offense carrying a maximum \$1,000 fine." Recently unknown persons have taken to placing corn on an empty stump near Rodman Avenue just short of the cemetery. Deer are beginning to congregate in this area increasing the potential for a vehicle to hit these deer as they cross the way. These actions are not only illegal, but are also creating an extreme hazard for personnel driving onto the island. We have children that wait for the buses in the morning that could be struck by a swerving vehicle should these deer begin to run across the road more frequently. There is also the potential that other animals will begin to gather around this area with a potential for having rabies. Please refrain from feeding the wild animals on the Arsenal. Should residents or workers on the Rock Island Arsenal be caught performing this activity, they will be charged to the full extent. Additional charges could also apply: "If the investigation reveals that the bait was hunted over, the violator is subject to an additional Class B misdemeanor ticket, which may result in up to six months in jail and/or a fine of



up to \$1,500, seizure of any items used for the hunt and loss of hunting privileges.

## Arsenal Traffic/Construction



**Safe Driving on Arsenal Island:** *From the Garrison Commander* < "This morning (Thursday, **March 6**), at approximately 0530, a woman in a silver sedan failed to come to a complete stop at the stop sign located at the intersection of East and North streets. She did this while I was in the crosswalk on North Street. Even after seeing me in the crosswalk she continued to accelerate through her turn as if I were not there. I yelled at her to stop but she only seemed confused as to why I was yelling at her. I am sending this message because this is the seventh time this has happened to me in the nine months since my arrival on Rock Island Arsenal. I have also received numerous reports of similar scenarios happening to other island employees and residents. It is a common practice for drivers on the

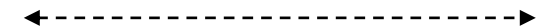


Arsenal to slowly roll through intersections with clearly marked stop signs. This practice is jokingly known as a 'California stop' in many areas around the country. But this is no joking matter. Illinois state law requires drivers to come to a complete stop before proceeding through an intersection marked with a stop sign. The state of Illinois also grants pedestrians the 'right of way' when utilizing a properly marked crosswalk on a public street. This means that motor vehicle operators are required to stop to allow pedestrians to clear a crosswalk before proceeding through intersections. RIA law enforcement personnel will be out in force to ticket violators who either fail to obey stops signs or likewise fail to stop when pedestrians are in crosswalks. I ask employees who experience similar incidents to record the license plate number along with state information of violators and report it to the Island police. I also ask island leaders to reinforce to your employees the importance of obeying the traffic code on and off the island. I would like organization safety officers to send a like message to those you are responsible for. The purpose of the traffic code is to ensure safety on the roads of the Arsenal. It empowers each of us to be a safety officer and to watch

out for each other. It should be the goal of each Arsenal Island employee to prevent a potentially deadly accident involving a motor vehicle and a pedestrian." – *Col. Elmer Speights, Jr., Garrison Commander, Rock Island Arsenal*

## Future Ft. Armstrong Construction:

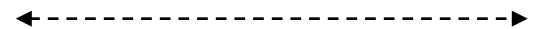
In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.



## Building/Space Closures



*No Building/Space Closure related announcements this week.*





## Active Duty/Reserve Zone

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### **FY15 Army Budget: Request Includes Small Pay Raise, 490K End Strength:**

Under the Army's fiscal year 2015 budget request, Soldiers will receive a 1 percent pay increase as well as a basic allowance for housing increase of 1.5 percent and a 3.4 percent increase in basic allowance for subsistence. The rollout of the Army's budget submission, along with those of the other services and the Defense Department was announced today in the Pentagon. Congress will weigh in on the request in the coming months. ([More](#))

### **Major Changes for Military in White House Budget:**

The Pentagon's budget for 2015 represents a major turning point for the military, which is moving from more than a decade of massive growth to a significantly smaller force that will be more dependent on technology. The Obama administration plans to spend \$495.6 billion on defense in 2015 or about \$113 billion less than had been expected in last year's budget. The biggest savings will come from cuts to personnel, particularly in the Army, which will be gradually pared back to its smallest size in 74 years. ([More](#))

**Bix 7 Road Race 40<sup>th</sup> Anniversary:** Ed Froehlich, race director of the Bix & Road Race, has informed the community that this year's race will be free to all active duty military. The race is on **July 26** in Davenport. The 7 mile road race is annually held during late July, in the streets of downtown Davenport. The race was founded in 1975 by John Hudetz, a resident of Bettendorf, Iowa. After competing in the 1974 Boston Marathon, Hudetz was inspired to bring the excitement to the Quad-Cities with a race of his own. The inaugural race had a field consisting of eighty-four runners. Today the race is often run by 12,000 to 18,000 runners. ([More](#))

### **Releasing Personnel Information On Soldiers Might Violate Federal Law:**

Releasing unauthorized portions of a Soldier's personnel records is a violation of federal law and could result in fines or prison sentences. There have been cases recently where Soldiers or Army civilian employees have unintentionally violated the Privacy Act, said Peter A. Robinson, chief of the Freedom of Information and Privacy Office, Army Human Resources Command, or HRC, Fort Knox, Ky. HRC is responsible for maintaining all Army personnel records

of active and reserve components as well as veterans. ([More](#))

**Walk-In Pet Vaccination Clinic:** The Great Lakes Veterinary Services will be hosting a pet vaccination clinic Thursday, **March 20**, 1-6 p.m.; and Friday, **March 21**, 8

a.m. – 1 p.m., at the Rock Island Arsenal Fire Department.

All active duty military, military reserve and National Guard, military retirees, and dependents with valid identification cards are eligible to use this service. There is a charge for all services provided with payment in cash or check only. Please see [our website](#) for prices. Questions? Please call at (847) 688-5740 ext. 4.



**Operation Family Time Out:** Open to military kids and kids of deployed civilian ages 6 weeks to 12 years. This past January at the Two Rivers YMCA, the kids had a 4-H science activity on magnets. They learned how to levitate objects using magnets. They had a super fun time learning how magnetic force works. Not only were they interested with the experiment but they had many





questions about the topic. Frank, a 4-H volunteer, engaged the children in interactive, hands-on learning. We hope you can join us for another new science experiment and other educational programs that are coming up. Upcoming Programs will meet at the following YMCAs, 1-5 p.m. Upcoming programs are as follows: • **March 8** at the Two Rivers YMCA • **April 12** at the Davenport YMCA • **May 10** at the Two Rivers YMCA.

**Tax Assistance Center:** The Arsenal's Tax Center continues to assist active duty service members and retirees with filing their income tax returns. In March the Center welcomed an additional volunteer preparer with significant professional experience. Service is by appointment, with most appointments taking about an hour and more complex returns taking somewhat longer. Appointments are available week days through **April 15**. In accordance with IRS requirements, the tax center may prepare and submit most - but not all - federal and state income tax returns. If you suspect that your return may be especially complex, please discuss that with us when you call, and we can advise whether we will be able to prepare your return(s). To schedule an appointment please call one of our

preparers at (309) 782-8076/8457/1894/1709. Please bring the following to your appointment: photo ID; social security card (or official document showing SSN); documents showing income of any type (W-2s; 1099s, etc.); documents to support any deductions/credits; last year's return; voided check or deposit slip (if using direct deposit); dependents' SSNs and birth dates.

Time: **7 a.m. - 3 p.m.**

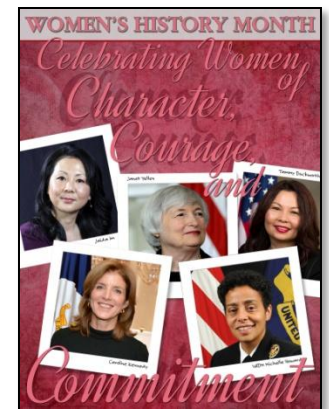
## Safety Spotlight

☉ **Motorcycle Riding Courses:** The USAG Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DOD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or

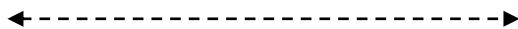
off Rock Island Arsenal must be in possession of a MSF card when they ride to verify completion of required training. The approaching motorcycle training courses are scheduled as follows: • **Basic Motorcycle Riding: June 10-11** (two 8-hour days) • **Experienced Rider Course: June 12** (one 8-hour day) Registration for either course is through the web-based AIRS system at <https://apps.imcom.army.mil/AIRS>. Each course size is limited to 12 riders. If you need further information please contact either [Nancy Carlson](#) or [Michael Chaplin](#) via phone extension 782-1380.

## Equal Opportunity Focus

☉ **Women's History Observance – Save the Date:** There will be a Women's History Observance on **March 26**, 1-2 p.m., in Heritage Hall, Bldg. 60. This year's theme for Women's History Month is "Character, Courage, and Commitment."



Every member of the island and their families are invited to attend the observance. The observance will be available in [TEDs](#). March is a time to celebrate the contribution and honor the sacrifices and accomplishments of women who shaped the service and the nation. They persevered through social and cultural challenges and legal restraints to create a new legacy of achievement for generations that followed. They opened doors and breached barriers and inspired those who witnessed their character, their courage and their commitment. The theme was this year's observance is: Celebrating Women of Character, Courage and Commitment. For additional information or accommodations please contact [Sgt. First Class Raymond Gonzalez](#), Equal Opportunity Advisor US Army Sustainment Command, (309) 782-3021. ([StandTo!](#))



## Morale, Welfare & Recreation (MWR)



Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all

**the great MWR offerings here at the Arsenal.**

**New Fitness Center Classes:** Group fitness classes at the Fitness Center are a great way to get those New Year's resolutions off to a running start. With a wide variety of class styles including rowing, spinning, yoga, TRX and our new 20:20:20 & Fit For Life classes there is sure to be something for all. [Visit here](#) for full class schedules, descriptions and prices or call (309) 782-6787.

**Carwash Notice:** With all the salt on the roads this time of year the carwash bay located in the Auto Skills Shop (Bldg. 351) is a great place keep your vehicle clean, shiny and rust free. If you do use the carwash please remember to close the door to the wash bay when you are finished as this cold weather wreaks havoc on the water pipes and will shut down the system.

**Trivia Night:** Get up to seven of your smartest friends, Thursday, **March 6**, at 6 p.m., and come wage a battle of wits against other trivia enthusiasts. This fun, multi-media, family friendly trivia competition held in the Arsenal Club (Bldg. 60) features a wide range of topics and is open to the public so invite

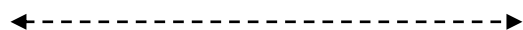
all your trivia junky friends, the more players we get the better the prizes become. Cost is \$5/player or \$30/table of 8. Call (309) 782-6319 for more info and to sign up in advance. Advance reservations required. ([Flyer](#))

**New Group Fitness Class: Fit For Life:** Fit For Life is a class designed to help you stay healthy, fit, and active throughout all stages of your life. This class combines low impact cardio, strength training, balance, and flexibility training. This class is also a great way to improve health, help you feel better, have fun, and socialize with others! Fit For Life will help individuals improve balance, posture, coordination, flexibility, strength, and endurance through instructed guidance using light weights, resistance bands, stability balls, medicine balls, indoor track and various other pieces of equipment. The class is offered in six-week sessions for \$18 for civilians and \$16 for military or just try 1 class and pay the drop-in fee of \$3/class. Call (309) 782-6787 for more info and to sign up. ([Flyer](#))  
Time: **9-9:45 a.m.**

**MWR 2014 Garden Plot Sign Ups:** Do you have a green thumb but no place of your own to dig in the dirt? Sign up to use one of our garden plots this spring to



grow all your favorite fruits, veggies, flowers, etc. Each plot is approx. 20' x 20' and can be rented for the entire growing season for just \$25 + \$100 refundable cleaning deposit. Sign-ups will be staggered and allotted based on patronage eligibility. Signups for this season's MWR Garden Plot Program at Outdoor Recreation Bldg. 333 are:  
Active duty military – **March 3**; retired military – **March 10**; and RIA civilians – **March 17**. For more information and complete details phone Outdoor Recreation at (309) 782-8630. ([Flyer](#))  
Time: **8:15 a.m. - 4 p.m.**



## MWR Leisure Travel Office



**Office Hours:** Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

**Vendor Day:** Four vendors will be visiting Bldg. 60, Heritage Hall, dining area, 9 a.m. - 1 p.m. Vendors will include 31-Gifts, Tastefully Simple, Mary Kay and Two River Massages.  
Date: **Thursday, March 6**

**St. Patty's Day BUNCO:** Calling all BUNCO players ... get ready to shake, rattle & roll Thursday, **March 6**, at 6

p.m., during a fast paced night of BUNCO action in Heritage Hall (Bldg. 60). For just \$5 you can join in on this exciting and highly social dice game fun. There will be door prizes and this event is open to the public so bring all your friends even if they don't work on the Arsenal. RSVP is required by calling (309) 782-5890. ([Flyer](#))

**Family Shamrock Sock Hop:** Join us for a rockin' boppin' good time **March 14**, 6-9 p.m., in Heritage Hall, Bldg. 60, as we dance all night, like we're at the hop and keep the fun going, until we drop. We'll dance all night, like we're at the hop and keep the fun going, until we drop. There will be music, door prize drawings, games, children's activities, contests (sack race, hula hoop, simon says, best costume award, best 50s dance couple.) Hot dog, chips, and soda combo for \$5. So, be there or be square and bring the whole family. For more info please call (309) 782-4420. ([Flyer](#))



**Books Are Fun:** Books Are Fun will be visiting Bldg. 60, Heritage Hall dining area for two days, 9 a.m. - 2 p.m. Stop

by and check out all the discounted books and gift ideas they have to offer.  
Date: **Wednesday, March 19**

### **Tales of a Fourth Grade Nothing:**

Circa 21 children's theatre presents: Tales of a Fourth Grade Nothing. It is a humorous look at family life and the troubles that can only be caused by a younger sibling. This play teaches children about responsibilities and how to recognize certain feelings they have, whether with family or friends, and that the emotions they have are ok.  
Discounted seats on sale until **April 5** ... \$9 per person.  
Date: **Saturday, April 19**  
Time: **10 a.m.**

**Monster Jam:** Monster Jam will be coming to the iWireless Center for two days. Leisure Travel has discounted tickets available for \$20 for adults and \$13.50 for children under 12-years-old. On sale until **April 28**.  
Date: **Saturday, May 17**  
Time: **7 p.m.**

### **FMWR's 1<sup>st</sup> Nationwide NASCAR**

**Race Bus Trip:** Leisure Travel/Auto Shop have seats available for the bus trip to the Iowa Speedway in Newton Iowa. Bus will depart from the Auto Shop at 6:30 a.m. please arrive early for





refreshments compliments of the Auto Shop. ½ stop to and from the Iowa Speedway. You are allowed to bring a small cooler. Cost of trip is \$69.

Date: **Sunday, May 18**

Time: **6:30 a.m.**

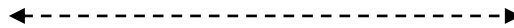
## **Walt Disney Military Promotion**

**Tickets:** Disney has renewed the Armed Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014**. Qualified individuals may purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

**Universal Studios Orlando:** This special ticket is good for unlimited admission for three days over a seven consecutive day period from first redemption. Universal Orlando Resort is more than a theme park, it is an entire universe of action and thrills featuring two spectacular theme parks unlike anything else in Orlando. Ticket expires on **May 9**; unused days shall be forfeited.

## **Davenport Cinemark 53<sup>rd</sup> 18 + IMAX**

**Theatre:** Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53<sup>rd</sup> 18 + IMAX theatre (formally 53<sup>rd</sup> cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.



## **Child, Youth & School Services**



### **Exploring Theatre Arts at the School**

**Age Center:** The kids at the School Age Center have had 4-H lessons on Theater Arts. They are learning how to become more confident and expressive in front of others. In February they will participate in activities that enhance their voices, facial expressions and body language. They will perform simple pantomimes in small groups. They will also be telling jokes and reciting tongue twisters in front of their peers. Last, they will participate in Reader's Theatre. The kids will practice scripts and then read them in front of an audience. This is a great way to encourage and develop reading skills while engaging in a cooperative and fun activity. Coming up in March, the kids will be participating in service learning activities. On **March 31** there will be a guest presenter from

the American Red Cross. She will be teaching the kids about basic first aid.

[For more information on what the School Age Center offers.](#)

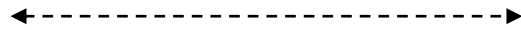
### **Youth Summertime Activities Expo:**

Help us kick off Month of the Military Child and Child Abuse Prevention Month. Parents bring your children and join us for the Youth Summertime Activities Expo at the Fitness Center on Saturday, **April 5**, 10 a.m. – 1 p.m. Vendors from area organizations will be there to help you find the right activities to keep your child and family busy all summer long. The Expo will have vendors from four major categories: summer fun and activities; day and resident camps; volunteer opportunities; and education. All booths will have crafts and activities for children to do at the event plus there will be food available for purchase at the Island Oasis. QCA Children are invited to help "plant" a pinwheel garden with the Child Abuse Council, 8:30-9:45 a.m., in honor of Child Abuse Prevention Month. The pinwheels stand for the chance at the healthy, happy and full lives all children deserve. The pinwheel garden will remain in place for the entire month of April. For more information about a booth or the Expo contact [Katie Mettee](#) at (309) 782-2165. ([Flyer](#))



Date: **Saturday, April 5**

Time: **10 a.m. – 1 p.m.**



## Army Community Service (ACS)



ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



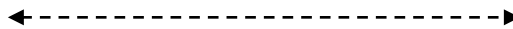
### Rock Island Arsenal Celebrates National Consumer Protection Week:

Looking to protect yourself from fraud, identity theft, and scams? Maybe you're wondering about the best way to use credit, how to shop for a used car, or maximize your security online.



Army Community Service has information for you during this week of National Consumer Protection Week, which takes place the first full week of March each year, and all year long. ACS will provide a series of articles and tips

year round in order to assist you become a better consumer. You may also go to the following two web pages for more assistance: • [www.ncpw.gov](http://www.ncpw.gov) for Information about free educational resources and to read blog posts from national consumer protection experts • [www.riamwr.com/acs/jobs-money-hot-topics](http://www.riamwr.com/acs/jobs-money-hot-topics) For more information or assistance, contact Army Community Service at (309) 782-0929 or email us at [usarmy.ria.imcom-central.mbx.usag-ac@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-ac@mail.mil).



## Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1<sup>st</sup> floor, East.

### National Sleep Awareness – March 2014:

Did you sleep well last night? Your answer to this question could tell others much about your mood and energy level today. It has been found

that the emotion centers of the brain are over 60 percent more reactive after missing a single night's sleep ([ScienceDaily, 2007](#)). To anyone who has suffered a sleepless night, these results probably aren't surprising. However, they do offer insight into the link between depression, anxiety, and sleep problems. If you find that you have more than an occasional poor night's sleep, or if you feel exhausted during the day despite sleeping through the night, it may be a sign that you are suffering from depression, anxiety or another mental health condition. Because sleep is so important to your mental health, Rock Island Arsenal Employee Assistance Program is honoring National Sleep Awareness Week, **March 2-9**. Contact the EAP at (309) 782-4357 for free and confidential counseling and referral assistance. You can also access an anonymous mental health screening at [www.militarymentalhealth.org](http://www.militarymentalhealth.org). Don't let depression or another mental health condition get in the way of your good night's sleep.

**Assertiveness Training:** Do you want to learn strategies to communicate effectively and to enhance yourself personally and professionally? Sign up for Assertiveness Training. Classes will



be offered **March 11, April 8, May 6, June 10, July 8, Aug. 12**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1<sup>st</sup> Floor, Room 122. Sign up in [TEDs](#) (key word 'assertiveness') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

**Time Management:** Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a Time Management class. Classes will be offered **March 25, April 22, May 13, June 24, July 22, Aug. 26**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1<sup>st</sup> Floor, Room 122. Sign up in [TEDs](#) (key word 'Time Management') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

**PTSD Support Groups:** You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

**Grief Support Group:** The Employee Assistance Program is sponsoring a

support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., at Bldg. 56, 1<sup>st</sup> Floor, Room 122. For more information, contact Rita Baugh, EAP counselor, at (309) 782-2552.

**Smoking Cessation Group:** Spring is just around the corner. What better time to kick the habit. The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1<sup>st</sup> Floor, East Wing.

## Education/Training Review

**The Rock Island Army Education Center** is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. **Office hours: 7:30 a.m. - 4 p.m., Monday - Friday.** **Phone: (309) 782-2065 Fax: (309) 782-7901.** Please visit our [website](#) to learn more.

**Save the Date - Spring Employment-Education Event:** On Wednesday, **April 16**, the U.S. Army Garrison Rock Island Arsenal is hosting a combined Employment-Education Event, 9 a.m. to

2 p.m., in Heritage Hall, Bldg. 60. If you missed our last big Event in September, mark your calendars now. More than 50 employers, colleges, universities, and veteran service organizations will be on hand to assist service members, family members, and veterans seeking employment or education and training opportunities. If you are preparing for a new career, thinking about starting a business, or interested in pursuing further education, please join us. Point of contact: [Stephanie Allers](#), or (309) 782-5895 for further information.

**RIAWC Scholarships Available:** The Rock Island Arsenal Welcome Club is now accepting scholarship applications from High School Seniors and Continued Education Students. Applicants must meet eligibility requirements stated in the scholarship application. Merit-based scholarships will be awarded in the amount of \$750.00-\$1,500.00. Applications are available effective Jan. 15 from guidance counselors at local high schools and colleges, the Arsenal Attic (thrift shop), the fitness center, the commissary, by [email](#) or [download from our website](#). A link to the application can also be accessed on our [Facebook page](#) under the events section.





Applications must be post-marked no later than **March 15**.

**FEEA Taking Applications for 2014-15 Scholarships:** The Federal Employee Education and Assistance Fund announced it is taking applications for its 2014-2015 FEEA Scholarship Program. The program, which began taking applications Jan. 2, is open to civilian federal and postal employees with at least three years of service by **Aug. 31**, as well as to their spouses and dependents. Active duty and retired military service members and their dependents are eligible only through a sponsoring civilian employee spouse. Applications must be postmarked no later than **March 28**, FEEA said. ([More](#))

**Army Emergency Relief Scholarship Applications Now Available On-line:** AER scholarship on-line applications for Army Spouses and Dependent Children of Active Duty Soldiers, Retirees and the Fallen are now available through April at [www.aerhq.org](http://www.aerhq.org) and look under the Scholarship button, or go directly to [www.aerhq.org/dnn563/Scholarships.aspx](http://www.aerhq.org/dnn563/Scholarships.aspx). For more information call (309) 782-1499 or [jon.c.cook.civ@mail.mil](mailto:jon.c.cook.civ@mail.mil). The AER Scholarship brochure can be viewed at [www.riamwr.com/acs/emergency-relief](http://www.riamwr.com/acs/emergency-relief).

## **NDIA Lifetime Achievement Awards:**

Nominations are being accepted for the Lt. Gen. (Ret) Lawrence Skibbie award for Lifetime Contributions to National Defense, the Maj. Gen. (Ret) William Eicher award for Lifetime Contributions to the Weapons Industrial Base and the Maj. Gen. (Ret) Paul Greenberg award for Lifetime Contributions to the Ammunition Industrial Base. Applications must be postmarked no later than **April 12**. Send nominations to Jimmy Morgan, 289 Niabi Zoo Road, Coal Valley, IL 61240 or [jimcmorgan@aol.com](mailto:jimcmorgan@aol.com). Application details at [www.ndia-ia-il.org](http://www.ndia-ia-il.org).

## **NDIA Academic Year 2014-15**

**Scholarship:** Applications for the Iowa Illinois Chapter NDIA Academic Year 2014-15 scholarship are now being accepted. The scholarship application may be found at [www.ndia-ia-il.org](http://www.ndia-ia-il.org). Applications must be postmarked by **March 24**. Call (563) 650-3252 for further information.

## **Sgt. Paul Fisher Academic Year 2014-15:**

Scholarship Applications for Academic Year 2014-15 Sgt. Paul Fisher Scholarship are now being accepted. High school senior sons and daughters of active duty, reserve, and

retired military members in Iowa and northwestern Illinois are eligible to apply. Applications are available on the chapter's web site, [www.ndia-ia-il.org](http://www.ndia-ia-il.org). Applications must be postmarked by **March 24**. Call (563) 650-3252 for any additional information.

## **2014 IA/IL WID Scholarship:**

Applications for the IA/IL Chapter WID 2014-15 academic year are now being accepted. The application may be found at [www.widiic.org](http://www.widiic.org), and must be postmarked by April 14. Questions: Contact Chioma Ezeugwu, (309) 269-7148 or e-mail: [scholarships@widiic.org](mailto:scholarships@widiic.org). Date: **Monday, April 14** Time: **3 p.m.**

# Commissary / Exchange

☪  
**The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They**



are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))

### Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

**This Week in Rock Island Arsenal History – March 3-9:** During the first week of March 1918, Col. L. T. Hillman assumed command of the RIA. In March 1875, RIA Commander Maj. D. W. Flagler ordered 288,000 lbs. of old horseshoes be salvaged as scrap iron. The recycled iron was used for the construction of some of the shop columns. In March 1932, Col. Herman Schull assumed command of the RIA. In March 1878, the RIA began construction of Shop H (Bldg. 66) & Shop I (Bldg.

110). In March 1881, construction of Shop K (Bldg. 68) began. In March 1960, RIA was engaged in research and development work with the design of the 115mm artillery-type rocket launcher, XM70 for the U.S. Marine Corps. In March 1873, RIA Commander Major D. W. Flagler prepared a list of regulations to govern uses of and conduct on the Government Bridge from Rock Island to Davenport.

### Healthbeat

#### **Brain Injury Awareness Month:**

Traumatic Brain Injury (TBI) is a disruption of function in the brain resulting from a blow or jolt to the head or a penetrating head injury. Causes of traumatic brain injuries may include falls, motor vehicle crashes, assaults, and combat events such as blasts. TBIs are classified at the time of injury as mild, moderate, severe, or penetrating. The vast majority of traumatic brain injuries that occur in the Army are mild TBIs, also known as concussions. Early identification and treatment following a concussion are essential to maximizing recovery. ([More](#))

**Is It Possible to Eat Right On a Budget?:** Have you given up on eating

healthy because you feel like it costs too much? Are you not sure how to save money while at the grocery store? While it is true that more convenient items like pre-cut veggies cost more when compared to their made-from-scratch counterparts, it is possible to eat healthy while on a budget. Additionally, good nutrition, combined with adequate sleep and regular physical activity, are identified as key initiatives in the Army Medicine's "Performance Triad" for good overall health. ([More](#))

#### **Adequate Sleep Brings Benefits for a Lifetime:**

What happens when you are asleep? The brain stays active during sleep performing activities that allow a person to feel rested and energetic, learn, and make memories. Sufficient sleep is followed by spontaneous awakening that leaves a person feeling refreshed and alert. Vital tasks carried out during sleep help maintain good health and enable people to function optimally. Not getting enough sleep can be dangerous to mental and physical health. In fact, having adequate sleep is so important that it is an element of the Army's "Performance Triad," the idea that we all need a balance of sleep, activity and nutrition to lead a healthy lifestyle. ([More](#))



**Bath Salts--What's In a Name?** : Bath salts, not the Epsom salts for bath water, but the synthetic stimulant street drug -- have many names including "Bloom," "Blue Silk," "Cloud Nine," "Hurricane Charlie," "Ivory Wave," "Lunar Wave," "Scarface," "Vanilla Sky," "White Lightning," "Zoom" and others. What is in a name? The catchy names for this dangerous product create an illusion that using it will lead to relaxation or an exhilarating high. But the reality is that the use of bath salts comes with unpredictable reactions and dangerous consequences. ([More](#))

## Notes for Veterans

**Veterans Affairs Would Get Money to Slash Claims Backlog:** The 2015 White House budget would provide \$65.3 billion in discretionary funding for the Department of Veterans Affairs. The enacted 2014 federal budget gave \$63.4 billion to the federal agency, which provides benefits to veterans and their families. The VA has accumulated a massive backlog of claims waiting to be processed, which it managed to trim from 600,000 to 400,000 – a still startling number – from March to November 2013. Obama announced that “slashing that backlog” was a White

House priority in his 2014 State of the Union address, and his proposed 2015 budget includes a \$138.7 million investment in the Veterans Claims Intake Program in an effort to reform and speed up the process. ([More](#))

## Carpooling Announcements

Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

**Did You Know?:** The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$245 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

## Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to

contact me at (309) 782-1078 (TTY). ([Email](#))

- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9<sup>th</sup> & 53<sup>rd</sup>, (Franklin School area) (309) 757-5755.

## Around the Q.C.

- March 15:** [29<sup>th</sup> Annual St. Patrick's Day Parade](#) (Rock Island & Davenport)
- March 19-22:** [Gathering of the Green](#) (RiverCenter, Davenport)
- March 21:** [NCMA QC Chapter Trivia Night with Mr. Trivia](#) (Knights of Columbus Hall 1111 W. 35<sup>th</sup> St. Davenport)
- March 21-23:** [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
- March 28-30:** [2014 Writing My Way Back Home: Midwest Veterans Writing Workshop](#) (Cedar Rapids Veterans Memorial Building)
- March 29:** [Davenport Chordbusters Spring Show](#) (Bettendorf High School Performing Arts Center)
- April 12:** [Bandits Race to Home 5K](#) (Modern Woodman Park)
- April 12:** [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)
- April 26:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
- May 2-3:** [Army JROTC 7<sup>th</sup> Annual "Blue Devil" Raider Challenge](#) (Naval Operations Support Center, Bldg. 218, Arsenal Island)





**May 3:** [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)

**May 3:** [Derby Day Party](#) (Arsenal Island Golf Clubhouse)

**May 3:** [Venus Envy](#) (Bucktown Center for the Arts, Davenport)

**May 10-11:** [Beaux Arts Fair](#) (Downtown Davenport)

**May 17:** [5<sup>th</sup> Annual You Were Made for This 5K](#) (Young Life, Moline)

**May 17:** [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)

**May 17:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**May 26:** [49<sup>th</sup> Annual Quad Cities](#) Criterium (Downtown Rock Island)

**June 3-7:** [Quad Cities Senior Olympics](#) (Rock Island)

**June 6-7:** [Rhubarb Festival](#) (Aledo, Ill.)

**June 6-7:** [22<sup>nd</sup> Annual Gumbo Ya Ya](#) (The District, Rock Island)

**June 7-8:** [QC Pridefest](#) (Downtown Davenport)

**June 12:** [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)

**June 12-15:** [19<sup>th</sup> Annual Rally on the River](#) (Centennial Park, Davenport)

**June 14:** [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)

**June 14:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**June 14-15:** [Juneteenth](#) (LeClaire Park, Davenport)

**June 15:** [30<sup>th</sup> Annual Ride the River Bike Ride](#) (Downtown Davenport)

**June 16:** [12<sup>th</sup> Annual YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)

**June 17-21:** [145<sup>th</sup> Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)

**June 21:** [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)

**June 21:** [Royal Ball Run For Autism 5K](#) (Milan, Ill.)

**June 22:** [Blossoms at Butterworth](#) (Deere Family Homes, Moline)

**June 27-28:** [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)

**July 3:** [Red, White & Boom!](#) (The District & Downtown Davenport)

**July 3-5:** [30<sup>th</sup> Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

**July 4:** [Firecracker Run & Parade](#) (East Moline)

**July 4:** [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)

**July 7-13:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

**July 10-12:** [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)

**July 12:** [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)

**July 12:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**July 17:** [AUSA Annual "A Round For Our Soldiers" Golf Outing, at 12 p.m.](#) (Arsenal Island Golf Course)

**July 25-26:** [43<sup>rd</sup> Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)

**July 26:** [41<sup>st</sup> Annual Quad-City Times Bix7](#)

**July 29-Aug. 3:** [95<sup>th</sup> Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

**July 31-Aug. 3:** [43<sup>rd</sup> Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)

**Aug. 2:** [British Auto Fest](#) (LeClaire, Iowa)

**Aug. 7:** [2<sup>nd</sup> Annual Freedom Run 5K](#) (East Moline, Ill.)

**Aug. 7-9:** [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)

**Aug. 8-9:** [22<sup>nd</sup> Annual Ya Maka My Weekend](#) (The District, Rock Island)

**Aug. 9:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**Aug. 9-10:** [28<sup>th</sup> Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)

**Aug. 15-16:** [10<sup>th</sup> Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)

**Aug. 16:** [Floatzilla](#) (Sunset Marina, Rock Island)

**Aug. 22-24:** [World Series of Dragracing](#) (Cordova Dragway)

**Aug. 23:** [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)

**Aug. 30-31:** [Rock Island Grand Prix](#) (Downtown Rock Island)

**Sept. 1:** [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)

**Sept. 5-21:** [East West Riverfest](#) (Various QC Locations)

**Sept. 6:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)

**Sept. 6:** [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)

**Sept. 6:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)

**Sept. 6-7:** [Beaux Arts Fair](#) (Downtown Davenport)

**Sept. 13:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**Sept. 19-20:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

**Sept. 20:** [15<sup>th</sup> Annual WQPT Brew Ha Ha](#)

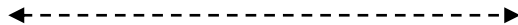
**Sept. 20-21:** [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)

**Sept. 28:** [17<sup>th</sup> Annual Quad Cities Marathon](#)

**Sept. 26-28:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)



**Oct. 4:** [Night of the Running Dead 5K](#) (Davenport)  
**Oct. 4:** [GiGi's Super Hero Run](#) (Bettendorf)  
**Oct. 11:** [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)  
**Oct. 11:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**Oct. 12:** [Apple Fest](#) (Downtown LeClaire, Iowa)  
**Oct. 23:** [Fright Night](#) (The District, Rock Island)  
**Oct. 25:** [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)  
**Oct. 25-26:** [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)  
**Nov. 22:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 22:** [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)  
**Nov. 22:** [Holiday Pops Concert](#) (Downtown Moline)  
**Dec. 7:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)



## Island Insight



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